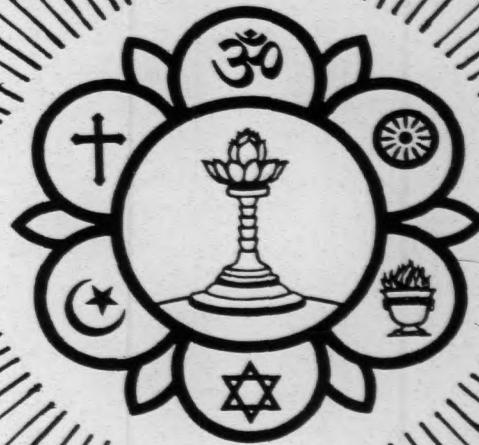


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# SATHYA SAI Newsletter

WINTER 1988-89

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# SATHYA SAI NEWSLETTER

This publication is dedicated with love and devotion to  
Bhagavan Sri Sathya Sai Baba

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**Cover:** The logo seen on the front of each issue is the *Sarva Dharma* symbol, which represents the unity of all major religions.



*To recognize the inherent divinity in man and to lead a sanctified life is the essence of human existence.*

— **Sathya Sai Baba**  
Sanathana Sarathi  
September, 1988

# LIFE IS THE BEST TEACHER

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## Introduction

"This body is not Mine. It is yours. Hence I am unaffected by what happens to the body. Your bodies are in Me and when you experience pain or pleasure, I share that experience. Devotees should give no room for the apprehension that any harm can befall Sai. Nothing can harm Me. In the natural course of events, things may happen to the body. These are like passing clouds. Understand properly the nature of Divinity."

Baba made these observations in a memorable discourse which he gave on August 26th in the Poornachandra Auditorium, on the occasion of *Onam* celebrations.

He had slipped in His bathroom early in the morning on Saturday (August 20), and an X-ray picture taken by the doctors revealed a fracture in the hipbone. Although doctors had advised four weeks of complete bed rest, Baba declared that he needed no rest and would carry on His work. He, however, had to refrain from giving the usual *darshans* (the sight of a great spiritual being) for the next few days.

Meanwhile, natives of the state of Kerala and from other parts of India started streaming into Prasanthi Nilayam for the *Onam* festival, which they celebrated with great fervor and enthusiasm in the presence of Sai Baba.

On the eve of *Onam* day there was a cultural program by *Bal Vikas* (the children's division of Baba's teachings) students in the Poornachandra Auditorium.

On the morning of the 26th, the *Onam* program began with *Vedic* chants and folk dances by students of the *Sri Sairam Vidya Vihar*. The students band greeted Sathya Sai Baba when he gave *darshan* from the balcony of the Prasanthi mandir (temple) to the inexpressible delight of the thousands of devotees who had gathered in the *mandir* compound. Hundreds of overseas devotees were also present.

The afternoon program commenced in the Poornachandra Auditorium at 4:40 p.m. The hall was full and quite a few had to stand outside.

Sai Baba, who came by car up to the auditorium rear entrance, was greeted with thunderous cheers on arrival at the auditorium stage. To the thousands of devotees who had missed His *darshan* for a week, the presence of Baba on the stage was a thrilling experience. Mr. Natarajan, the President of Kerala State Sai Samithi, welcomed Baba and the gathering of the devotees.

Baba was expected to deliver His discourse seated, so as not to impose any strain on His fractured hip, but instead He elected to address the gathering while standing.

Beginning His discourse with a call for mankind to realize their inherent divinity, Baba devoted a good part of His discourse to an account of what happened to Him on Saturday, and cleared all the doubt and apprehensions felt by devotees regarding His ailment. He explained how He would ignore the pain in the body by self-control and turning the mind away

from body-consciousness. The entire gathering heard with rapt attention Baba's memorable discourse, which not only provided new insights into His Avataric mission but revealed to them how they should overcome "the ills which flesh is heir to."

Excerpted from *Sanathana Sarathi*  
September, 1988

## SAI'S GIFT: OVERCOMING PAIN

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### Embodiments of Divine Love

God's love is selfless. All of nature is the reflection of God and God is the master and controller of it. The earth, however, has the power of attraction (gravity). Whether a man is a millionaire or a pauper, if he slips, he will fall and may get hurt. This is the Law of Nature, and the physical body is subject to the Law of Nature. One should not worry however, about the consequences. Whether I fall or you fall, we are going to get hurt. Whatever happens, the Divine can face it by self-control. The ordinary devotee cannot do so.

### What Actually Happened

For the last four days I have not come out to give *darshan*. People are having different thoughts, and various rumors

and conjectures are going around among the devotees. If you think carefully, you will realize the degree of self-control Swami has. In the bathroom the soap fell underneath My foot (on August 20th, Saturday). My usual practice is to bolt My door after giving *padnamaskar* to devotees at night. In the morning, after finishing My ablutions, I Myself open the door.

When I fell in the bathroom, since the door was bolted, nobody could come inside. I controlled Myself and got up and opened the door. You should be happy about this power of self-control, rather than feeling sorry. When I slipped, I fell and My head hit the ground. Meanwhile, the student Radhakrishna, who attends Me, came and doctors also came. I told the doctors, "There is no need for you to see Me. Don't worry. I have to control whatever happens to Me and exhibit My self-control. My life is My message." But the doctors insisted that Swami go to the hospital and X-rays be taken. I told them I wouldn't go to the hospital. Dr. Chari

and Dr. Krishnamurthy urged that at least a portable X-ray unit be brought and X-rays taken. To make them happy, I acquiesced.

So a lightning call was placed, and immediately a portable X-ray unit was brought from Bangalore. The X-rays showed a fracture of the hipbone. Only people who have suffered hip fractures know the agony. The doctors advised four weeks of bed rest. I told them, "I don't know the meaning of rest. I do not need any rest. I will go on with my work."

Quite a few devotees, doctors, Mr. Gopal Rao, and Mr. Narasimhan told Swami, "You need to rest." I told them, "I cannot sit and rest when thousands of devotees have come. In order to give them joy, it is My duty to come down and see them." Many people have written letters to Me: "Swami, cure Yourself of this illness." I don't have any disease. I will never get any disease. Accidents may occur, but I will not get any disease. Even now I am performing My duties. I sit on the sofa and read three to four thousand letters in a day. This is My rest. On the same sofa I sit, have lunch, rest, and lie down. It is impossible to keep My foot on the ground. I am setting an example by keeping a smiling face, in spite of such excruciating pain.

Some people are thinking, "Swami knows the past, present, and future, and doesn't He know what is going to happen?" I never think about the past or the future. That is why I often tell devotees,

"Past is past, forget the past. Future is not sure, so do not brood over the future. Live in the present." I never think about the future.

## An Example

One example from the *Ramayana*: It was declared that there would be a coronation ceremony for Sri Rama. Instead, at that very particular time, Sri Rama had to give up everything and go as an exile to the forest. You have to realize one important message from this: it is sage Vasishta who fixed the auspicious timing for the coronation, and many other sages concurred with him. Sri Rama is the embodiment of *dharma* (divine duty and correct action) and divinity, but the planned event did not take place. All these incidents are used to teach lessons to the world. This episode in the *Ramayana* helped to reveal the natural sweet nature of Sri Rama. Rama treated the coronation and going into the forest as an exile with equal mindedness. It is the Divine and the Divine alone who can exhibit such equanimity. This kind of equanimity cannot be felt by anyone except the Divine. God can do anything. There is nothing beyond the power of the Divine.

## The Power of the Mind

Although there is pain, through self-control My mind did not think about it. If

the mind had been dwelling on the pain, it would have been much greater. The best medicine for this pain is diverting the mind. Every time I move, I get electric shock-like pains. In order to forget it and divert the mind, I read some letters.

A number of devotees are thinking and praying, "Within a moment, can't Swami cure Himself?" I am not that selfish. When others are injured, do I cure them immediately? Everything has a time factor. One has to put up with it until the right time comes, but the pain can be mitigated by prayer and by diverting the mind from one thing to the other. You should not let the mind think about sorrows and difficulties.

"*Atma sukham is sukham*" Atmic pleasure is real pleasure. "*Deha sukham is dukkham*". Bodily pleasure is sorrow. Difficulties and problems with the body come and go. If I rid Myself of any ailment instantaneously, people may comment, "What a selfish person Sai Baba is. He cures His illness immediately, but He does not remove the pain of others." I did not want to carry this blemish. Whether it is your bodily ailment or somebody else's, attempts can be made to treat it, to teach the sufferer how to control his mind and strengthen his power of resistance. But the time required for healing has to be allowed. During the past four days, My mind did not bother about the injury. I did not give up any of my normal activities. I did not come out only because of the entreaties of devotees.

Sometimes I take on the ailments of others. I do this for My own delight and not out of external pressure. But in any case of illness, control of the mind is needed to bear the pain. This is what every one of you should keep in mind. This is the message of My life. I am exercising various kinds of self-control to serve as an example for you. The mind is responsible for both bondage and liberation.

## How to Celebrate

Don't celebrate this *Onam* festival by eating delicious dishes, but rather follow the ideals practiced by Emperor Bali. What he practiced was truth, and what he did was sacrifice. So you too have to practice these principles of truth and sacrifice in your lives. Bali had so much love for his citizens that he promised them, on a special auspicious day every year, that he would come see them. *Onam* is the name given to the festival to please their emperor and celebrate the great idealistic life of Bali.

## The Basis For Everything

Whatever difficulties you encounter, do not worry about them, but divert the mind. That is the meaning of, "My life is My message." In order to show that, I am exercising all this self-control and undergoing the pain. You have to recognize the truth that human beings

are made up of body, mind, and *Atma* (the divinity within). Without a physical body you cannot understand mind, and without mind you cannot understand *Atma*, and it is impossible for body and mind to exist without *Atma*. *Atma* is the very basis for everything. Harmonize all these three in a proper way and live a life based on Truth.

## “I Will Not Leave”

You should not waste time. Make good use of time. All the children in the primary school and students in the hostel are asking, “Which God should we pray to in order to help You get well?” In this state of confusion people have been praying to all Gods. Dear students and devotees, it is not possible to cure this simply by prayers. The moment you recognize the truth and the real nature of Swami, these things will not affect you. The M.B.A. students in the hostel are chanting the *Gayatri Mantram*, and I can see how their minds waver.

You may have some problems sometimes, but try to overcome them and lead a life full of joy and peace. Swami's love and kindness for the devotees are in abundance and overflowing. Otherwise, He would not have stayed on, when the doctors were keen to take Him to Bangalore. I firmly told them, “When thousands of devotees are coming here, it is impossible for Me to go away. I will not go. The joy of the devotees is My joy.” I have no exclusive

joy of My own. I have no desire. Why should I be concerned about this body? You must take note of this important fact. This body is not Mine. It is yours. Hence I am unaffected by what happens to the body. Your bodies are in Me, and when you experience pain or pleasure, I share that experience.

## No Cause For Apprehension

Lord Krishna told Arjuna that God resides in the hearts of devotees. So devotees should not give room at any time, under any circumstances, for the apprehension that harm can befall Swami. Nothing can harm Swami. Things may happen to the body in the natural course of events, but these are passing clouds. Understand properly the nature of divinity. If you realize the true nature of divinity, you will not feel that Swami is experiencing great pain and that He should take medicine, have X-rays, etc. Out of their love, devotees are appealing to Swami to take rest. I am always at rest. Arrest means not having rest. *Karmanyeva Adhikaarasthe* (you are entitled only to do your duty). I perform actions, and I ask you to perform actions. That is My message to you. Although I have been told by doctors not to move, I get up at 5 a.m., attend to My ablutions and take My bath as usual. This is another aspect of grace. All of you should forget your troubles and try to be as happy as possible. Swami has no troubles, and no harm can come to Him. Ills of the body

come and go. I am telling you the truth.

As I fell, My head hit the mosaic floor with a thud. Dr. Krishnamurthy wanted to have My head X-rayed. I told him, "No one can know that My head has been injured. There is no need for X-raying it." When I walk, devotees notice that I am in pain. That causes Me more pain. My only sadness has been that I have not been able to give joy to the devotees. When you know that Swami has the capacity to control anything, why do you think that I am suffering? You think only about Swami's pain in relation to the body, but you do not think about the *Atma*. You must have the firm conviction that nothing can harm Swami, and that Swami will not suffer. Everything is a message given to the devotees. Whenever you have difficulties and problems, you should not succumb to them. Mankind welcomes pleasure, but rejects pain. True human beings should be equal minded to both pleasure and pain. If you can control your heart, nothing can hurt you. Always do *namasmarana*, (constant remembrance of the name of the Lord). There is no use in doing *japa* and meditation for the sake of Swami. What you have to bear in mind is that no trouble can affect Swami now or in the future, and that everything is part of My play. Such things happen to the body. I don't care about such things, and you should not care about such things, either.

## A Miracle

Here is another example of how the Divine works. The fact that I have been standing here (during the discourse) for such a long time is itself a miracle. The legs have been strained to the limit. There has been considerable pain. But in the joy of addressing you I am unaware of the pain. Likewise, in all your suffering and trouble you must turn the mind away from them and live happily. At all times and in all situations, recite the name of the Lord with devotion. The Lord's name is sweeter than nectar. Let the Lord's sweet name dance on your tongue. Do not have any anxiety on My account. I do not have any pain or anxiety.

(In conclusion, Baba sang a *bhajan*.)

**—Sathya Sai Baba**

*Excerpted from a discourse  
given on August 26, 1988*

# GOING WITH THE FLOW

---



I turned on the computer for about the fifteenth time, trying to access a program called "Paintbrush." No matter what I did, the screen kept reading "bad command or file name." Is this a lesson in patience? Remember, I am not the doer, I'm just

witnessing the frustration that this body is having with this machine. I'm not going to fall into the trap of doership; I think I'll just watch.

Maybe this not a lesson in patience,

but rather one in acceptance. I recall that if you find that something you desire doesn't come about, that is, after you make a series of unimpassioned and well-intentioned attempts, the message is that whatever this thing is that you are trying to accomplish should be abandoned. It is not meant to be. Fighting is useless. One must accept that which is.

Okay. But how do you know for sure? How do you know when to stop trying? After all, the two primary ingredients for the successful outcome of anyone's hopes or desire are a delicate balance between effort and grace.

We soon learn that the early bird catches the worm, or, if at first we don't succeed, try, try again. It's hard to know just when to discard these long-tried and previously-considered-to-be-true techniques.

Perhaps the problem is one of focus, or whether the activity is meaningful or beneficial to anyone. It's hard to justify getting any help or guidance when one is involved in some superficial pursuit. What will be, will be. Perhaps that's the answer. Don't question. Ay, there's the rub.

I remember someone telling me that Baba said, "Trying is trying." On the other hand, Baba says, "Life is a game, play it; Life is a dream, realize it." It's not easy to know when to give up; one doesn't want to be a slacker or lazybones, without purpose or motivation. My graduation ring says "*Prestare Est*

*Prestarius*," to persevere is to succeed. Have you ever taken one more ride on the merry-go-round and gotten the brass ring? Or walked the extra mile?

Maybe it's best to check out the twins: desire and attachment or anger and hatred. These are the real troublemakers. The secret could be to evaluate the goal by measuring the action. Do I hate the cause of my frustration?

Love is the answer, so distemper take a walk. Instead of playing with my computer mouse and a new program called "Paintbrush," I'll just find a more worthwhile adventure. Sour grapes, setting for second best, not good? I need to be sure. Who said the spiritual path was easy?

Judging may be the problem, so don't be so discriminating. And don't be a wise guy. A little bit of knowledge is a dangerous thing. Gandhi said, "Consistency is the refuge of fools," and Ralph Waldo Emerson said, "A foolish consistency is the hobgoblin of little minds." Kasturi once explained Baba's apparent lack of consistency by telling us: "Baba likes butter. The only way you get butter from milk is by churning." So churn us, Oh Lord; we love knowing that You care, that we are forever watching. They say that the whole world is Your *leela*, Your sport, Your pleasure. We will love Your uncertainty and surrender to it. That is the answer to our dilemma, and the whole truth.

So when you need to know, don't. When you want to know, give it up. Just don't look for excuses or blame it on *kar-ma*.

"Follow the leader,  
Face the devil,  
Fight to the end,  
Finish the game."

This morning I awoke and dedicated the fruits of all my actions to the Lord. I decided to concentrate on "Thy will is my will." What a relief! Dear Lord, I am Thine.

Last week I lost four beautiful peacocks. They took off for the woods the moment I let them out of their cage. I had practically given up all hope of ever seeing them again when somehow—if you believe in somehow—last Saturday morning I found them happily safe and sound, living at a neighbor's place about a mile down the road.

At first I was overjoyed to find them, but soon my desire to get them back home began to eat me alive. I became "paranoid", and thought that my neighbors had already decided the birds belonged to them, and that they would sabotage my attempts to get them home. I was desperate. I knew that I must let go and look inside to realize that it was my own greed and possessiveness that caused this unreasonable fear.

Once I surrendered, not even prayer was necessary. I recognized that God's will is done, that even hope is useless and

redundant. I would patiently wait to see what God had in store for me. Peace and freedom replaced anxiety. My expectations receded, making disappointment impossible.

This morning, with the help of the Lord and several friends, we brought the birds home again. I feel especially grateful that it is all in accord with God's will. It's nice to know that He wants them to be here.

—**Jack O. Scher**  
Faber, Virginia



**To say that God is the prime cause of everything is true to a certain extent, but you are not thrust by Him into an iron cage of destiny from which there is no escape. He has endowed you with wisdom and detachment along with a sense of awe and wonder, and you have to use these for attaining Him. Though bound, you are not entirely incapacitated. A cow that is tethered to a post by means of a rope can walk around it and graze on all the area which the rope can traverse. When all the grass therein has been eaten, perhaps the master might loosen the knot and tether it to another post a little farther off. Graze freely as far as the rope allows, but do not stray far from the post and pull at the rope and inflict pain on your neck.**

—**Sathya Sai Baba**  
*Sathya Sai Speaks, Volume II*

# BE UNAFFECTED

---

When asked by the late Professor Kasturi why Sathya Sai Baba submitted to the tortures inflicted on Him by an exorcist, following the incident of a scorpion sting when He was a lad of fourteen years, Baba replied: "People should know that I remain unaffected by what happens to this body. I have come to remind mankind of this truth they have ignored. How can they have faith unless I act as they should?"

During the first few weeks following His recent hip fracture, He was transported by auto from the inner compound at Brindavan to the banyan tree under which devotees awaited His *darshan* (the sight of a great spiritual being). On one occasion, following a heavy rain, the crowd was large and many could not find space on the concrete pad under the banyan tree. They had waded through deep mud puddles to reach a place from which they might be able to see Baba when He came. After the car in which Baba was riding appeared, instead of proceeding directly to the banyan tree, it stopped halfway. The crowd watched Baba get out and step into the mud, wading through the puddles as they had done, until He reached the cement area.

By His action, He reiterated one of the important messages He teaches. He is unaffected by what happens to the body,

and He expects His devotees to follow His example. He also showed us once again that nothing is required of us that He is not willing to do. Truly, the love we feel for Him is only a shadow of His love for us.

— From a talk by  
**Walter Neubauer**  
in Santa Ana, California  
October 16, 1988

## From Illusion To The One

In the forest of the night  
the dream of life is played.  
Confusion fills the mind  
and phantoms block the way.  
All around, the dream surrounds us  
like a dark cloud hides the sun.  
Baba's light has come to guide us  
from illusion to the One.

Sathya Sai stands as a beacon—  
with Love He lights the way.  
He has come to dance His *leela*\*  
with the players in His play.  
He awakens dreamers from their sleep,  
to the dawning of the day,  
Showing us Divinity, guides our  
every step along the way.

— **Dr. Robert T. Brook**  
Tucson, Arizona

\*Divine sport

# MY SAI AND I

---

I go to India to see my Sai as much as God permits—time and money bowing their heads before the beck and call of the Lord. But this annual, or sometimes semi-annual, back-and-forth occasionally seems to put more distance between my beloved Lord Sai and I. There is the all-too-anxious waiting for a glance, a touch, a small sign that He knows me, He loves me, He wants me, that I'm somebody in God's eyes. Oftentimes it's just this assertion of the ego which keeps it "He and I," rather than "we."

Of course, people at home who have never tasted the glory of God on Earth, the Love of Sai, the warmth, the irresistible attraction, wonder why we love Him so much. They wonder why all the time and airfare is spent to experience His *darshan* (the sight of a great spiritual being). Why do we long for a glance, a smile, or, more importantly, an inner feeling of connectedness? Perhaps our friends, family, or colleagues think we're crazy, absolutely bonkers, out of our minds! At the least—if they haven't yet experienced God in form, or formless—they may think we are not practical.

It's in His presence that we grow—mainly His presence within—but until we get the inner connectedness His outer presence boosts the inner. Our beloved Sathya Sai has a divinely effective way of turning us within.

Recently, on a pilgrimage to the glorious lotus feet of Sai at Puttaparthi, after one week He went into retreat, taking on our burden of pain. (This was during the time of Sathya Sai Baba's hip injury and recuperation period in August, 1988.) For the remainder of the two weeks I was in Prasanthi Nilayam, no Sai form descended the steps of the *mandir* (temple) to give daily *darshan*. Where had my beloved Sai gone? Why was He not coming to see us? What had happened to the body that we call Sai?

And in my search through sadness and tears, not only for myself, but mainly for Him, my Sai revealed Himself deeply embedded in this being. I began to feel His presence, hearing His voice in the innermost recesses of my heart, speaking to and guiding me in my most profound moments of longing, and ever in my daily routine. And so I have found that moment of calamity has turned into one of opportunity. For though His physical body remained in His room, His consciousness dwells in my heart—in all our hearts. Hidden there, He has been found. There is no emptiness; there is no room left vacant, for the Lord has taken all the space. My love for Sathya Sai in form has grown, and the formless Sai, too, has become better known.

**—Allen S. Levy, Ph.D.**  
New York, New York

# OUR LITTLE MIRACLES

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I first heard of Sai Baba in 1972. At that time I knew Him to be the great *Avatar* of the masses. I still have no doubt that He is a Being who is the personification of perfection.

Recently I started attending a Sathya Sai Baba Center, and was informed that Baba had somehow broken His hip. The general reaction of the Center members was one of incredibility. "How could an *Avatar* allow Himself to have a broken hip?" or "This is impossible, it cannot be real!"

The question which came to my mind was, where is our faith? This act was Sai Baba's *leela* to test our faith. We often talk of the great *leelas* or divine actions that Sai Baba performs, but why are we not performing our own little miracles? I have heard many devotees speak of how courageous Baba was when, even with excruciating pain, He got up and walked and gave *darshan*. I also heard of another incident when Baba suffered a deep cut on His foot and simply tolerated the pain and did not even wince. Just as Baba maintains His composure under the most difficult circumstances, we should also maintain our courage and unshakable faith in spite of adverse situations. Where is our faith when we begin to doubt, at the first sign, that Baba is not meeting our image of perfection?

Sai Baba is helping us to cope in this world. He is functioning as our Guide and sometimes intervening on our behalf. Many devotees spend a lot of time asking Baba for His help in solving their problems. They ask for solutions which often include financial or material aid, psychic gifts or better relationships. Some ask for spiritual gifts such as, understanding, love, joy, peace of mind, and enlightenment.

Many have gone to India to experience Baba. Many have approached Baba with a whole shopping list of requests that they want Him to provide for them. They want Him to remove the problems which plague them daily. But He is already doing everything that is necessary for us. This is the faith we must have, knowing that we do not need to ask because He is already delivering.

Instead of asking for divine intervention to help us avoid a painful lesson, we should be asking for stamina and fortitude to endure our tests. What would we really have learned in school if someone had given us the answers to all the exams? In the same way, we do not learn if the divine hand of God solves all our problems and removes our chance to overcome adversity.

So when we approach Baba, we should not simply ask for His aid and assistance. We should also give Him a bit of ourselves, our understanding, our compassion, and our love. But since Baba is everywhere and in everything, we may instead share ourselves with the world.

When we share ourselves with others and live as Baba teaches, we become His instruments in the world. Each time we share our understanding, compassion, or love with another, we are sharing Baba with that person. We are performing our little miracles which are extensions of His great miracle.

—*Rev. Father*  
*Gary K. Yamamoto*  
Tucson, Arizona



# EDUCATING ABUSED CHILDREN

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My work is teaching children in the Intensive Care Facility of a home for abused children. The children range in age from infants to teenagers. Many are severely depressed as a result of their maltreatment, and it is quite difficult to motivate them even to get out of bed in the morning, much less go to school and study things which must seem to have no immediate application to their lives.

At a public meeting held at the Sathya Sai Book Center of America, I had the opportunity to speak to one of the devotees from Riverside County who makes toys for needy children. When asked if they only gave the toys to the Child Protection Officers in police stations, she quickly responded that they made toys for children anywhere who needed the special love which the toys communicate. After I told her of my work, she promptly agreed to send toys to the dear ones that I teach.

For all children, but especially in the classrooms for the abused, an emphasis on values and life skills is essential. I, therefore, begin teaching mathematics by "paying" the children to come to school. After all, adults are paid for going to their work. Why not children? Their work is going to school. Their "salaries" are credited to their checking or savings accounts. Of course, no money changes hands, but the instructional aide keeps

the records, and the children have to withdraw funds to pay regular monthly bills. They must make car payments in accordance with the type of car they choose, pay rent or make house payments, buy insurance which will satisfy all legal requirements, pay their utility bills and buy groceries. If they have chosen an economy car over an expensive sporty one, for example, they may gradually accumulate a balance in their account which can be used to actually buy articles which are auctioned off from time to time.

It happened that several of the children had accumulated positive balances in their imaginary accounts and had been asking when the next auction would be. That was when the large box of cuddly stuffed toys arrived from the Sai Center in Riverside County. It contained bears of all sizes, kitty cats, bunnies, and frogs. Obviously, many were handmade, but some had been purchased. My curiosity was piqued because I expected all of the toys to have been made by the ladies of the Center.

As I continued pulling the animals out of the box, however, I found a letter. It answered my question. And it was from a lady in Orange County. Her letter told a fascinating story, too. Having heard of the service being provided by groups making toys for children, she packed a

box of toys and sent them off with a letter to the Center in Riverside County.

Her letter told of her own pain when her daughter was murdered several years ago. She said that in searching for answers and comfort after this tragic experience, she had attended a meeting in Tustin at which Elsie Cowan spoke. Elsie spoke of Sathya Sai Baba as being so wise and so loving that she (the letter writer) had been inspired to write to Him. She did not expect to receive an answer from Him, but she did. She said that He had written so lovingly just when her need for love was critical. Now she was sending toys to children just when their need for love was critical. I marveled at how the circle of love had been formed and completed in this way.

So, with the toys provided by this dear lady, three of which she had made herself, plus the toys made by the devotees at the Sai Center, our auction was ready to begin. The rules were that each buyer must purchase a minimum of two toys—one to keep and one to give away. Only the older children could participate in the mathematics aspects of this activity, so they had the opportunity to learn the value and the joy of giving to the younger children next door. They were told, "You must give in order to receive."

As the children have learned to spend their money wisely, they have also learned to negotiate terms for their transactions. Those who were out of

money in their bank accounts had to apply for loans and sign notes to be repaid on a regular basis at a fixed rate of interest. As it was obvious that the larger toy animals would bring more at auction than the smaller ones, they felt that those who bought them should get a small animal free. After a lively discussion, the teachers agreed to the "buy one, get one free" plan.

There was only one mother bear with her arms around her cub in the group of toys. That one brought the highest price. The frogs were a great hit, with the same purchasers bidding on each one as it was placed on the auction block. Older boys were buying for their younger sisters, who are in foster homes or group homes somewhere in the state. One seventeen-year-old wrote all of the names of the youngsters in the room next door on folded slips and passed them out so that at noon each of the older children had a toy for one of the younger children. No one was left out.

There are many individual stories to tell, but I have chosen only one. I will call him Sam. He is fourteen years old and had been institutionalized since he was two. He had a birth defect of some kind which could not be located or corrected by the medical practitioners, and his crying led to his physical abuse. Recently doctors have been able to identify and correct his medical problems. He now has to deal with the residual personality problems. He is a handsome, well-coordinated, intellectually gifted lad who

will, in a few weeks, enter public school for the first time. He will also be placed in a new group home.

Sam has experienced so little love in his life that the animals seem to represent to him that which he had missed so desperately for so many years. He bought two of the large bears and a bunch of the small ones. For over an hour after the auction, he sat with one bear on each side of him and the little animals in his lap. He seemed to be just soaking up the love that all of the givers and makers had sent along with the toys. I feel that it has made a real difference in his life, speeding his recovery and his ability to adjust to the world outside the care facility.

It took so many loving people to bring all this to pass. Elsie Cowan's willingness to share her experiences with her beloved Baba, Baba's response to a confused and grieving parent, that parent's courage in reaching out for healing of her sense of loss and then sharing her love with other children, the Sathya Sai Book Center's sponsoring inspirational meetings where anyone may learn about the *Avatar's* presence on the earth, all of the ladies who spent hours cutting, embroidering, sewing, and stuffing the little animals, and the *Sathya Sai Newsletter*, which is the vehicle for telling the story. Many, many thanks to all of you from Sam and his teacher, and glory to our Baba, who directed the entire drama.

**— Barbara Higgins**  
Laguna Beach, California



*"Teachers, do not turn your students into expert mathematicians who cannot even add up a simple domestic bill."*

**— Sathya Sai Baba**  
*Sathya Sai Speaks, Volume IX*  
(page 2)

# THE ESSENCE OF HAPPINESS

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All my hopes and aspirations rest on the conduct of young people . . . . Today we often hear news about some disturbance being caused in some part of the world or harm being done to people somewhere. There seems to be no news which brings us happiness, heartens us, and tells us things more pleasant and permanent. The world is a drama of two days. This generation is like a drama lasting for two hours. This individual body is just a water bubble which will last only a few minutes. How can we regard any of these things as having value? Our bodies are conglomerations of diseases. Our lives are like beds full of bugs. This world is full of sorrow. Where are we going to get any happiness in these surroundings? Neither desires relating to the body nor desires for worldly pleasure and sensuous enjoyments are going to bring us happiness or bliss. The diseases, the troubles, and various other things that cause harm to mankind put on the garb of deceit so that they may appear to be pleasures. However, they are enticing you towards all kinds of difficulties. In the normal course of events, the clothes you put on will have to be changed; so also, the disguise worn by pleasure will have to be removed to reveal the underlying pains and troubles.

Truly, in this world, if you can find an individual who is spending his life in peace and happiness, it will be a matter of great management. He may be a very rich and affluent person, he may be a highly

educated and respected person, he may be in a position of power and authority, he may appear outwardly as if he is happy, but – within himself – he is plagued by many problems. These problems bring so much pressure to bear on him that he is continually unhappy. If you really want to have unbroken bliss and happiness, it is very appropriate for one to learn at an early age the essence of nondualism, the *Advaita* philosophy.

There are many people who do not think about either this life or life after death. The people who understand what it means to sacrifice, to give up even small things in the performance of their duty, and to do good in order to improve their lives, are very few in number. We make the mistake of thinking that people who spend all their time and wealth in trying to find pleasures for themselves, and in beautifying and adorning their bodies, are quite intelligent. As time goes on and bodies grow older, we still think that people who spend their lives and money in fulfilling their sensory desires are worthy of emulation. But these thoughts are mistaken. Even though death is staring an individual in the face, we see him celebrating his birthday, completely unmindful of the fact that he may meet his death at any moment . . . .

However, if you can rise above the aspects of body, mind, and intelligence, it will be possible for you to get control over death and regard it as part and parcel of the evolution of the immortal element in you. We have come into this



world with a body as a part of ourselves. So long as we remain a part of this world, it is a duty of young people to inquire and attempt to understand the truth which underlies all of these appearances. What is this body, and what is its relationship to the world? It is the determination of Sai to sow in the minds of young people, who are like rays of the rising sun, the seeds of desire for acquiring spiritual knowledge. They are at the appropriate age to prepare themselves to become future pillars of their countries. When one is young, one has strength of body, mind, and spirit. If one does not learn to control the impulses at that age, one will not be able to do so when one grows older. Education has the proper meaning only if one is able to control the sense

organs, set the thoughts on the right path, and keep the mind uncontaminated. All of the thoughts that arise in the mind are imprinted on the heart.

There is complete coordination between the idea which is imprinted on one's heart, the words one has spoken with the mouth, and the action one has undertaken with the body. If there is complete coordination between thought, word, and deed, that is right conduct.

Your life can be peaceful and happy only when you can control the body and the mind's craving for pleasure and aversion to pain.

**—Sathya Sai Baba**  
*Summer Showers, 1973*

# THE IDEAL FOR WOMEN

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In the West, it has long been the custom for girls to attend school and college and thus receive the same educational advantages as boys, which prepares them to be as equally equipped to enter the work field as men.

Baba also encourages girls in India to attend school and college, to be trained as intelligent partners with their husbands and loving and wise guides to their children, thus to supply the support which their families need.

However, the two cultures are very different with respect to the living arrangements. In India, it is the custom for the members of several generations to live together under one roof, with the new bride joining her husband's family group. In most Western countries, both partners of a newly married couple move out of their respective homes and set up a separate household of their own. This custom results in isolation and loneliness, both for parents after their grown children have left the home, as well as for those children, whether single or married, male or female, who are faced with the necessity of finding work to support themselves as soon as they leave school or college.

Married women, including mothers of children, often need to augment the husband's income because of the rapidly escalating cost of living. In addition, many young mothers choose to work as a relief from loneliness and being exclusively with young children all day, which is often a very difficult adjustment after the many varied activities of college. However, they soon discover that assuming the responsibility of two careers places a heavy burden on them.

In addition to the fairly recent trend to identify with men, women have also closed off their hearts to avoid being hurt, disappointed, or ridiculed, or for many other reasons. But Baba has often stated that it is only the ego which can be hurt or upset. God, who is our true identity, is immune to rejection and lack of love. So bypassing the heart only strengthens the ego and prevents people from remembering that their real heritage is divine.

Baba also teaches that most human love is selfish and contracting in contrast to divine love, which is unselfish and expanding, thus supplying an answer to the question of what we devotees can do as individuals and as a group to alleviate the imbalance in the world caused by the "heart bypass."

We, who are so blessed by being aware of Sathya Sai Baba's advent at this time of stress, can ask Him to activate His counterpart in our hearts—through which to infuse our homes, jobs, and everyone we meet—with His expanding, unselfish love. Its healing current is the only force capable of reconnecting the world-heart, and hence our human hearts, so that love may flow once again throughout the world.

I would like to share how He taught me to set this process in motion in daily life. In March 1974, the plane in which my husband and I were flying from Bombay to London was hijacked. I thought I heard Baba's voice telling me to send love to the hijackers. They were so threatening I was utterly incapable of obeying. Instead, I telepathically asked Baba to allow His love to flow into me and I would gratefully direct it to them.

Eight years later, in a private interview, Baba's first words were, "And how was the hijacking, Mrs. Krystal?" His question so took me by surprise that I was sure I must have misunderstood and asked Him to repeat it, which He obligingly did, word for word, exactly as I had heard. Instead of waiting for my reply, He turned to the interpreter and said in English, "The plane was filled with My love." Then turning back to me, He continued, "Wasn't it, Mrs. Krystal?" I was profoundly grateful, after all those years, to have His assurance that I had not imagined His directions.

That situation was indeed a desperate one, but it is not necessary to wait for a crisis to force us to remember to ask Baba to beam His love through us to help to dissipate hate and negativity in the world.

Women have an important role to play on the world stage at this critical time. However, Baba says that they are endowed with more spiritual assets than men. Consequently, they are better equipped for their role as purveyors of love in this love-starved world.

But we women will fail if we try to use what Baba calls contraction love. We can succeed only if, like the *gopis* of old, we allow Baba to fill us so full with His expansion of love that we infuse everything and everyone we meet with its healing balm, which is the only cure for the "heart bypass."

—Phyllis Krystal

Excerpted from *Sai Chandana: Book of Homage for 60th Birthday, November 1985*

*See God in everyone, even in persons whom you regard as your enemies. Practice that broad, all-inclusive type of love. Remember, when love is installed in the heart, jealousy, hatred, and untruth will find no place there. Expansion is life. Expansion is the essence of love. Live in love.*

—Sathya Sai Baba

*A Recapitulation of Sathya Sai Baba's Divine Teachings*  
by Grace J. McMartin  
(pages 87-90)

# CHILDREN'S CORNER:

## From a Nursery School Program

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A wise and thoughtful man by the name of Robert Fulghum said he learned most of what he knew about how to live, what to do, how to be, not in his university graduate school but in the sandbox at nursery school. These things he said he learned:

Share things. Play fair. Don't hit people.

Put things back where you found them.

Clean up your own mess. Don't take things that aren't yours.

Say you're sorry when you hurt somebody. Wash your hands before you eat.

Flush.

Warm cookies and cold milk are good. Live a balanced life.

Learn some, think some . . . draw, paint, sing, dance and play some. Work every day some . . . take a nap. And when you go out into the world, watch for traffic, hold hands and stick together.

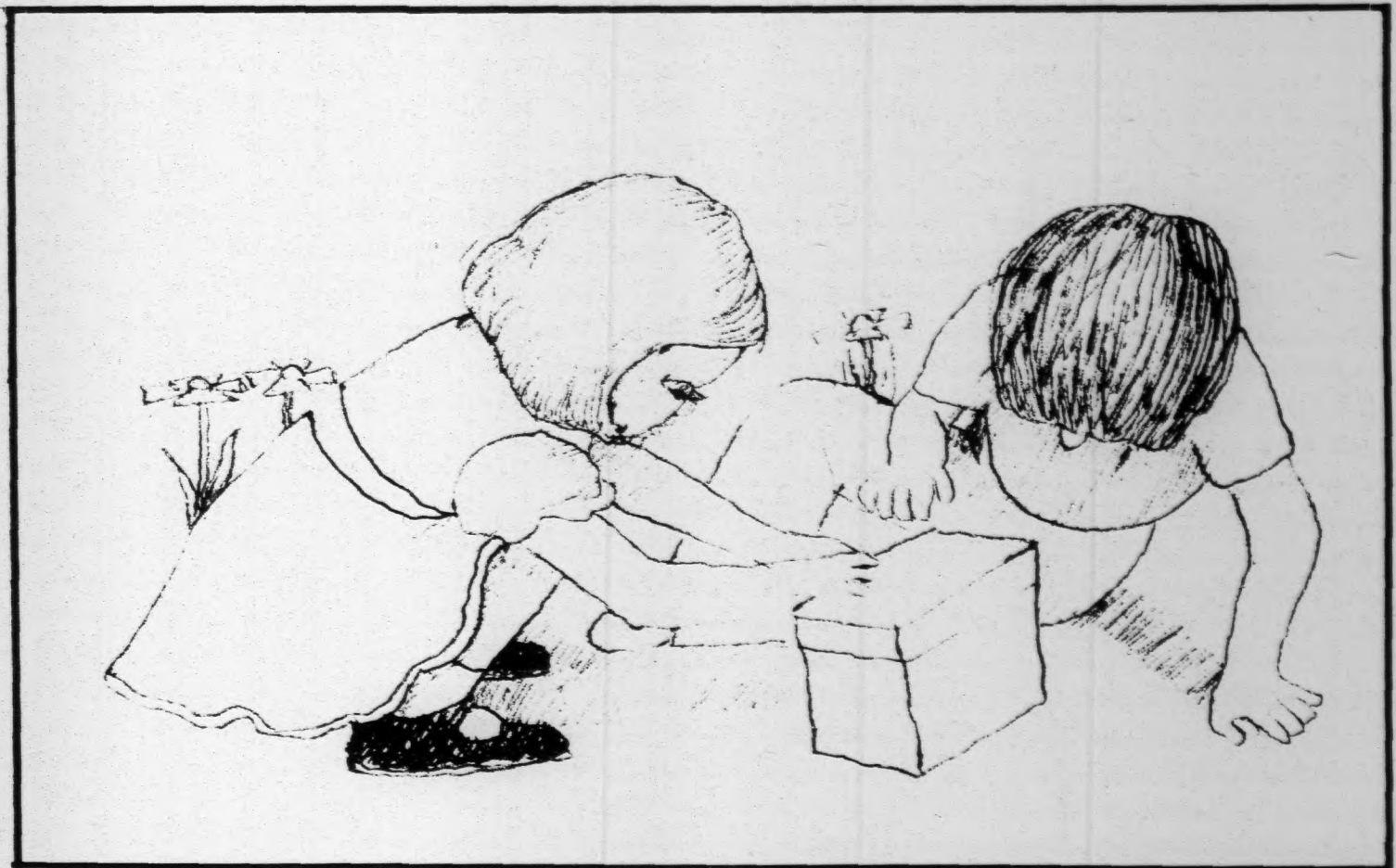
Be aware of wonder.

Remember the little seed in the plastic cup. The roots go down and the plant goes up . . . and nobody really knows how or why . . . but we're all like that.

Everything we need to know is there: the Golden Rule, love, basic sanitation, ecology, politics, equality, sane living. Change these into adult terms and apply them to your family life, your work, your world, and they hold clear, firm and true.

It would probably be a better world if everybody could have warm cookies and cold milk . . . maybe take a nap. And no matter how old you are, it's still best when you go out into the world to stick together.

**—Presented by Robert Hyland**  
Vice President-General Manager  
KCBS-TV Channel 2  
Broadcast: May 24, 1987



*Children, learn the best teachings of all faiths and put them into practice. Chant the name of God with your whole being. Imbibe the qualities that the Name represents. Purify yourselves, and purify the world. These injunctions are My blessing to you.*

**—Sathya Sai Baba**  
*Sathya Sai Speaks, Volume IX*

# THE CHALLENGE OF RAISING CHILDREN WITH VALUES

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## A Mother's Story

After many years of doing my best to be both mother and father to my son, Ralph [not his real name], never feeling completely successful, I began the spiritual practice of sending love from my heart to his in the form of a beam of light. He is sixteen years old and seems to be infected with teenage wildness. The experience of replacing parental anxiety with love was beautiful. I felt my whole heart opening and expanding. I felt the warmth of Baba's presence in my heart, and I seemed to be connected to the whole universe. I am continuing that technique, sending him unconditional love each time I sit in the silence to perform my *sadhana* (spiritual discipline). I also include his hyperactive friends and all of the beings in the world.

I had the blessed privilege of going to Prasanthi Nilayam in 1986, and one reason that I wanted to see Baba was to ask Him to help me with Ralph. We have a hard time with each other. I try to control him so that he won't make all the mistakes that I made and lose as much time as I lost trying to extricate myself from the results of those mistakes. We

are very different. He is outgoing and social, while I am quieter and more introspective. He is a typical teenager, interested in rock music, movies, TV, and sports, but not very interested in books and homework. We have not been able to communicate very well since he was two years old. He won't take direction from anybody—especially not from me. His independence may be a blessing in some ways, but it has also been a tremendous trial for me. During the last two or three years I have prayed to Baba frequently to help me know that my son is truly His son and to open the heart of His son to receive His love. I have been able to get Ralph to participate in some spiritual activity with me on Easter and Christmas, but otherwise he has resisted my invitations and suggestions.

After consciously placing him in a circle of love for the past four weeks, I was feeling confident that some of that resistance has lessened. I wrote on my calendar for Sunday night: "Ralph to go with me to the Sai Baba Center." I gave up my desire to convince him of anything,

and just wanted to exemplify Baba's love to the best of my ability. I also wanted him to know what I was doing on Sunday nights. It was definitely all in divine hands. He came along with very little fuss, and he enjoyed himself tremendously. He loved the video on Baba, the stories and individual experiences which were shared, the special atmosphere, and the love that those in attendance showed for Baba and for each other. He even sang along with some of the devotional songs. On the way home in the car he asked many excellent questions. He noticed so much and grasped so much so quickly that it was a delight for me to talk with him. I'm sure you can imagine my joy, since Baba is my favorite topic of conversation. Ralph took in so many of the wonderful little tidbits that I told him. I wonder what will happen when he hears about the great miracles? He volunteered that he would like to go to the Center again!

On the way home from the meeting, as we moved along with the flow of traffic on the freeway, I suddenly saw an unusually large, heavy ladder, taking up three-fourths of the left lane—the one in which I was traveling. I saw the car in front of me swerve, and I swerved also. There was no time to look into the rearview mirror; everything happened so quickly! I saw the car in the center lane swerve to avoid our car and the car in the right lane go off onto the right shoulder into some bushes. In order to lessen the danger to the other cars, I hit the ladder with my left front tire—probably at about fifty-five miles per hour. With Baba's grace, I did not

lose control of the car. The ladder did not fly up and hit our windshield nor get wedged underneath the car. I stopped the car as quickly as possible and ran back to remove the ladder from the lane. There was not even a scratch on our car. No one was hurt in any of the cars. We were all fine!

I believe that this incident was orchestrated to show our son that Baba loves him, and that He wants to draw him near. I feel sure that He gave us back our healthy bodies and maybe even our lives. I could so easily have lost control of my light, very unstable car, and crashed. When we got home, we went down on our knees together in front of our picture of Baba and expressed our heartfelt gratitude for His love, protection, and constant guidance. I feel that every prayer uttered over the past four years had been brought to fruition in this climactic, peak experience. There is no question but that Baba's grace is powerful, unpredictable, and always inexorably leading us on to merge our sense of separateness into His exemplification of divine unity. The instruments He used in this drama included the Baba Center, the *sadhana* of love, and the driver who lost the ladder. Truly, God works in mysterious ways to perform His wonders.

**—A California Devotee**

As told to Cathy Daub,  
Editor of *The Challenge of  
Raising Children With Values*

# BABA SPEAKS OUT ON CALAMITIES

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**Q:** The critics of *Swamiji* ask why Sai Baba does not help people in distress by bringing rain in times of drought or creating food where there is famine by means of His *sankalpa shakti* (divine power). Cannot an *Avatar* help humanity to control the natural forces and prevent calamities like earthquakes, floods, drought, famine, and epidemics?

**BABA:** This is precisely what I am doing by incarnating the indwelling God in man to overcome such calamities. There are two ways in which an *Avatar* can help people: an instant solution as against a long-term one.

Any instant solution would go against the fundamental quality of nature itself as well as the *karmic* law of cause and effect. Most people live in the material world of their desires and egos which is governed by this law. They reap the fruits of their actions. This brings about their evolution or devolution. If the *Avatar* intervenes to instantly solve their problems, it would stop all action, development, even evolution. This solution can be ruled out because it totally negates the natural laws.

The other more effective alternative presents a long-term solution whereby the *Avatar* leads the people themselves to a higher level of consciousness to enable them to understand the truth of spiritual laws so that they may turn towards righteousness and steadfastly

work for better conditions. This will relate them back to nature and the *karmic* law of causation. They would then transcend the cycle of cause and effect, in which today they are involved as victims, and thereby command and control the natural forces to be able to avert the calamities you mention.

**Q:** You mean that you are presently raising the consciousness of mankind to a Godlike condition to enable them to command their own destiny?

**BABA:** Exactly. They would become shareholders of My *sankalpa shakti*. I have to work through them, rouse the indwelling God in them, and evolve them to a higher reality in order to enable them to master the natural laws and forces. If I cure everything instantly leaving the people at their present level of consciousness, they would soon mess up things and be at one another's throats again, with the result that the same chaotic situation would develop in the world.

Suffering and misery are the inescapable acts of the cosmic drama. God does not decree these calamities, but man invites them by way of retribution for his own evil deeds . . . .

— **Sathya Sai Baba**  
*My Baba and I*  
(pages 95-96)

by Dr. John S. Hislop

# SAI SERVICE

## The Mississippi Experience

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It was with great excitement that my husband and I boarded a plane to Mississippi in June. We were on our way to the Festival of Friends, a picnic sponsored by The Box Project. There we would meet our "adopted" family for the first time. Three years ago, when I was looking for a service project that would fit my busy schedule, I was given a pamphlet from The Box Project. Their organization matches sponsors with needy families. The Box Project introduced us, by mail, to a family, and then stepped out of the way. We began corresponding with our new friends and quickly learned what their needs were. Every month we sent a box of food, clothing, or school supplies, so the three children could attend school. Our letter had begun awkwardly, but soon changed to loving messages as our friendship grew; we became "sister families." And now we would be meeting our sister family for the first time!

We arrived safely in Mississippi, rented a car and drove to our motel in Greenwood, where we settled into a luxurious room. The next day we drove to our friends' home in Indianola. I experienced a number of conflicting emotions as we drove to their apartment complex. I couldn't help comparing the two-story barracks-like building in the

dusty field to my neatly landscaped middle-class home. Would they accept us? What should I say? All my fears were melted away by a very warm, loving hug from Evelyn as I stepped from the car. Next came a hug from ten-year-old Eric, and then we were led past several curious onlookers into their home. We met eighteen-year-old Gloria in a small, well-kept living room. She was eager to show us their home. Last we met Tyrone, age seventeen, who had stayed in his room because he was embarrassed to meet us. It took me awhile to realize that he was not ashamed of his home, but embarrassed by the prospect of having to explain us to his friends. He quickly warmed up to us after a big hug and a pizza dinner.

The picnic the next day was a great success. It was very moving to see families who had corresponded for years meet for the first time. Back at our hotel we met with other "helper" families and exchanged stories. Many of their sister families lived in terrible conditions. Apparently, living in Mississippi was, for many people, like living in a third-world country. Our sister family was very lucky to have water and electricity in their apartment; many families lived in shacks without either amenity. I felt guilty for my luxurious motel room and comfortable home.

The plane trip home gave me the opportunity to reflect on our Mississippi experience. I thought of Tyrone's injured pride for having to accept help, and compared it with my guilt at having so much. I thought of the inequities of materialism and of Baba's teachings of Oneness. I thought of Evelyn being luckier than most black Mississippians because she has a job where she earns \$4.10 an hour, although never for a full forty-hour week. She works hard to raise her family properly, to teach them good values and manners, and to keep them clean, fed and in school. I thought of how good it felt to see how our monthly contributions were helping her accomplish these goals. We know what we give goes directly to her family, and our help and encouragement will give these children a chance to make something more of their lives than continuing in the cycle of poverty. I thought of the love and dignity that Evelyn was willing to share with us so easily.

I have always felt it is not right that some people should have so much while others have so little, but now I realize that those of us who "have" have been given a great opportunity to learn to share and serve those who need help. What Baba has expressed many times, my Box Project experience has taught me: Those who receive are not the only benefactors; serving others gives to everyone.

If you would like to participate in The Box Project, please write to: The Box

Project, P.O. Box 435, Plainville, CT 06062.

—**Sharon Anderson**  
Pleasanton, California

## Help the People

In April I was fortunate to be in Ooty in the presence of my beloved Sathya Sai Baba, and I was doubly blessed to have an interview with Baba. During the interview I was very moved as Baba spoke sweetly, with words of wisdom like honey from His lips; my hearing was blessed with the sound of Baba's musical voice; my eyes feasted on Baba's pure beauty and light, and my heart was filled with Baba's pure love.

Sai Baba, being the ultimate teacher, spoke of many things, bringing me to a space of enlightenment and awareness. The one thing I didn't expect Baba to say directly to me was, "Selfish, do more service." My mind raced as Baba spoke. I thought of the work I do which is service-oriented, and of the many times in the past when I felt I should do more service, but never quite got around to it. I always talked a lot about doing service, yet I always seem too busy, too lazy, or too selfish with my time. I was doing some service but it was a minimum amount of what I was capable of doing. In my heart I wanted to do more. I wanted to do something to contribute to the less fortunate, the homeless, the sick, the elderly, and the orphans. As my mind became quiet I looked at Baba and asked, "Baba, what type of service should I do?"



Baba looked sweetly at me and said, "Help the people. Don't talk, do."

When I returned home I immediately immersed myself in service. At first I felt that I wasn't doing enough, that just being at the bed of sick people in the hospital wasn't doing anything, until the sick people looked into my eyes and said: "God sent you to me." Visiting the elderly and just holding a conversation was so easy for me to do that again I wondered: "What good am I doing? How can this be helping?" But as I left I heard: "I thank God for sending you."

If you ever put off doing service, you don't know what you're missing. It's pure love to be able to comfort the sick and suffering, the elderly who feel alone, and the children who are abandoned and orphaned. Helping the people is like being in an interview with Baba.

I'm very grateful that Sai Baba called me selfish. I'm grateful to be able to do any type of service, and I'm grateful that Baba said to me: "Help the people. Don't talk, do."

— **Marie Hlavinka**  
New York, New York

# NEWSLETTER NOTES:

## From the World Regional Coordinator, U.S.A.

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Towards the end of last year the Sri Sathya Sai Baba World Organization subjected itself to a general review. It is as though the first wave of the Sai organization had peaked, and now a second great wave of the Sai teachings is arising and about to move forward with world-affecting energy and purpose.

One of the decisions made was to establish five World Regions. Sathya Sai Baba Centers are now so allocated. The USA, Mexico, Central America and South America comprise World Region No. 1. Dr. Michael Goldstein has been assigned to Latin America and myself to the United States of America.

Over the course of this year preparations have gone forward to reorganize our Sathya Sai Baba Council of the United States of America which was established by Baba some fourteen years ago. Since its inception, the Council has had the same administration. As of this time I change from my assignment as Council President and take up a new assignment as World Regional Coordinator, USA.

In preparation for the administrative transition in the USA, Sri Sathya Sai

Baba selected three individuals from among a group of highly qualified Sai devotees to form an Executive Committee of the Council. They are William Harvey, Robert Bozzani and Robert Baskin. This Triumvirate, as of this time, will now take up the overall responsibility for the administration of our USA Sri Sathya Sai Organization. They take up their duties as willed by Sai, with the seal of His appointment, with His blessings. By His grace, we Sai devotees will now move forward with renewed intensity, renewed zeal and energy, and renewed dedication to the ideal human life as graciously dwelt upon in the holy teachings of the divine Sai.

As I now make the transition from Council President to World Regional Coordinator, USA, I tender my thanks and heartfelt appreciation to the office-bearers and members of the USA Sai Organization for their effective and dedicated work, kindness and cooperation. Working with them has been a most pleasant and a deep learning experience for me.

**—Dr. John S. Hislop**  
World Regional Coordinator, USA

## Welcome to a New Arrival

Starting with this issue, the subscribers to the *Sathya Sai Newsletter* will receive *Sathya Sai Service Opportunities*, a publication dealing with service projects within the Sai Organization. Formerly it was sent only to Sathya Sai Baba Centers and Study Groups. However, it was thought to be so worthwhile that it should be shared by an even larger audience. Now *Sathya Sai Service Opportunities* will be sent to *Sathya Sai Newsletter* subscribers, twice a year, at no extra cost.

We trust our readers will be interested in and inspired by the articles and fine editing of Judy Wechsler and her staff. Any service articles and photographs you may have can be sent to:

Judy Wechsler  
131 Joralemon Street, #66  
Brooklyn, New York 11201

### FROM THE EDITORS:

The *Sathya Sai Newsletter* editorial staff find such joy in watching each issue come together from diverse individual expressions into a unified whole that we feel it might interest some readers to look for the golden thread of Baba's teaching as it is woven into these pages. Not only can we see it in His life-message and in our own lives, but it also appears quite clearly in the materials which come to hand at the time we are assembling each issue of the *Newsletter*.

The attention of devotees all over the world has been captured by Baba's most recent illustration of indifference to His body. Even though admittedly in great pain from a fractured hip bone, He has demonstrated His dominion over limitation. He refuses to succumb to suffering.

He has also said emphatically that the body which serves as His vehicle during this incarnation functions in accordance with the laws of nature, as do ours. If this were not the case, the message of His life could have no meaning for us. He continually points up our essential divinity in order that we may follow His example, rather than assume such mastery is available to Him alone.

The instruction to free ourselves from slavery to the senses is not a new one. Baba has been teaching it for many years now. Have we heard it? Are we putting it into practice? And are we teaching our children to do so? These are the questions which guided us to select the articles which are included in this issue.

Our purpose is to provide an opportunity for each reader to feel the impact of Baba's great love as we imbibe His teachings and read about the experiences of others who are striving to live in accordance with them. In addition, we make known to our readers other resources, such as books, tapes, conferences, etc., designed to enrich our knowledge and bring the realization of our innate happiness into play every day.

— The Editors

# DATES TO REMEMBER IN 1989: MARK YOUR CALENDAR

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**March 6, Mahashivarathri**, is observed during the new moon and symbolizes the renaissance and rededication of spiritual life.

**April 14, Sri Rama Navami**, the day to honor the birth of the *Avatar* Rama.

**May 6, Easwaramma Day**, to pay homage to the memory of the Mother of Sri Sathya Sai Baba.

**July 16, Handicapped Day**, for all Sai devotees in the United States to give service, and to remind them that the less fortunate need a helping hand all year round.

**July 18, Guru Poornima**, a day set aside for the adoration of the *guru*, or spiritual preceptor.

**August 23, Sri Krishna Jayanti**, gives recognition of the birth of the *Avatar* Krishna.

**September 4, Ganesha Chaturthi**, honors Lord Ganesha, who is the remover of all obstacles and ignorance.

**September 30, Dasara**, the beginning of the festival which is dedicated to the Divine Mother in her various aspects.

**October 10, Vijaya Dasami or Dasara**, the last day of the *Dasara* festival, celebrating the triumph of good over evil.

**October 29, Deepavali or Diwali**, the Festival of Lights, commemorating the victory of righteousness over wicked forces.

**November 11-12, Akhanda Bhajan**, a continuous twenty-four hours of devotional singing dedicated to world peace and done in Centers around the world. It begins on Saturday at 6:00 p.m. and ends at 6:00 p.m. on Sunday.

**November 23, The Sixty-Fourth Birthday of Bhagavan Sri Sathya Sai Baba**.

**December 23, Hannukah**, the Jewish holy days, proclaiming victory over the oppressor, begin.

**December 25, Christmas**, the celebration of the birth of Jesus Christ.

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*As the air we breathe is of God's creation and available to all, so the awareness of God and His power and mercy has to be available to all. True seekers on the spiritual path must hold on to their wide outlook and to the universality of this message. Then the conflict between disparate faiths and credos disappears by itself, and peace and love will be restored on earth.*

— Sathya Sai Baba

# SAI PERIODICALS

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When a Sathya Sai Baba Center is accredited, Sai devotees who become members accept some obligations along with the joy of being a direct part of Sai's own organization. It is stated in the Guidelines that all Centers and Study Groups are to have available at each of their meetings current issues of the following publications: SATHYA SAI NEWSLETTER, SATHYA SAI BABA CHILDREN'S NEWSLETTER, SATHYA SAI JOURNAL OF EDUCATION IN HUMAN VALUES (EHV), and SANATHANA SARATHI. The publications should be on display at meetings and members should be encouraged to subscribe.

—Dr. John S. Hislop

Council Bulletin No. 4, July 1987

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## SATHYA SAI NEWSLETTER

1800 E. Garvey Avenue  
West Covina, California 91791

The *Newsletter* is issued quarterly at \$5.00 per year for the United States. An order blank is on the inside back cover of the issue.

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## SATHYA SAI BABA CHILDREN'S NEWSLETTER

P.O. Box 7722  
San Diego, California 92107

The *Children's Newsletter* is issued quarterly at \$5.00 per year for the United States.

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## SATHYA SAI JOURNAL OF EDUCATION IN HUMAN VALUES (EHV)

51 Tanner Street  
Manchester, Connecticut 06040

The *Journal of EHV* is issued quarterly at \$8.00 (\$12.00 airmail) per year for the United States.

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SANATHANA SARATHI from India  
Convener, Sri Sathya Sai Books and Publications Trust  
Prasanthi Nilayam P.O.  
Anantapur Dist., A.P. 515 134, India

*Sanathana Sarathi* is issued monthly at \$6.00 per year surface mail, and \$12.00 per year airmail from India. Check or money order in United States currency will be accepted. Specify that you wish the English edition.

# SAI BOOKS, TAPES, AND OTHER ITEMS

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## SATHYA SAI BOOK CENTER OF AMERICA

305 West 1st Street, Tustin, California, (714) 669-0522

Mailing Address: P.O. Box 278, Tustin, California 92681-0278

### New Books

**DISCOURSES OF THE BHAGAVAD GITA**, by Sri Sathya Sai Baba, Compiled and edited by A. Drucker. *Bhagavad Gita* means the Song of God; it is the core of Indian spirituality. These thirty-four discourses tell of the profound meaning of the *Bhagavad Gita*, and give insight into the essence of spiritual life 260 pages \$3.50

**SRI SATHYA SAI BABA For Those Who Seek to Know Him** by Sathyadasen, published by the Sri Sathya Sai Books & Publications Trust, Prasanthi Nilayam. Retired judge of the Madras High Court, W.S. Krishnaswami Nayudu writes in the foreword, "The life, work and teachings of Sri Sathya Sai Baba which has been brought out in this concise edition by Sri Sathyadasen, has to be read, studied, understood by everyone, then they shall be benefited." 64 pages .70¢

**PRASANTHI NILAYAM-BRINDAVAN**, published by the Sri Sathya Sai Books & Publications Trust, Prasanthi Nilayam. A small booklet with information regarding how to get to Prasanthi Nilayam/Brindavan, and what you will find when you arrive. 47 pages .45¢

### New Video Tape

**MEET THE AVATAR, V-12, VHS only.** This video was filmed with background music by the Lite Storm group. It takes place in Kodaikanal, high up in the mountains of Southern India. Be with Sathya Sai Baba as He meets a small gathering of devotees. 30 minutes \$30.00

**Please do not send to the Sathya Sai Newsletter for these items. The correct address is shown above.**

## BIRTH DAY PUBLISHING COMPANY

P.O. Box 7722, San Diego, California 92107

(619) 296-3194

### Cassette Tapes

Volume I, **God Is All**, and Volume II, **Take One Step Toward Me**. These two English devotional song tapes have been produced under the auspices of the Sathya Sai Baba Council of the USA. \$2.50 each

### Periodical

**Sathya Sai Baba: Children's Newsletter**, for children of all ages. This publication focuses on teaching values in a way that will stimulate the child's interest and capture his or her imagination. There are stories, games, cartoons, poems, and more. Published four times a year. One-year subscription \$5.00

### Complimentary Publication

*Fact Sheet on the Sathya Sai Baba Organization*, explains how the Sai Organization functions and includes a brief statement about the Sathya Sai Baba Centers.

Free upon request

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*The fault is identification with the body. The body is but a dwelling place, a vehicle, an encasement. See yourself as a resident in it and most of your grief will disappear. You will become less egocentric because then you will feel kinship with those who are residents in other bodies.*

— Sathya Sai Baba  
Sathya Sai Speaks,  
Volume V

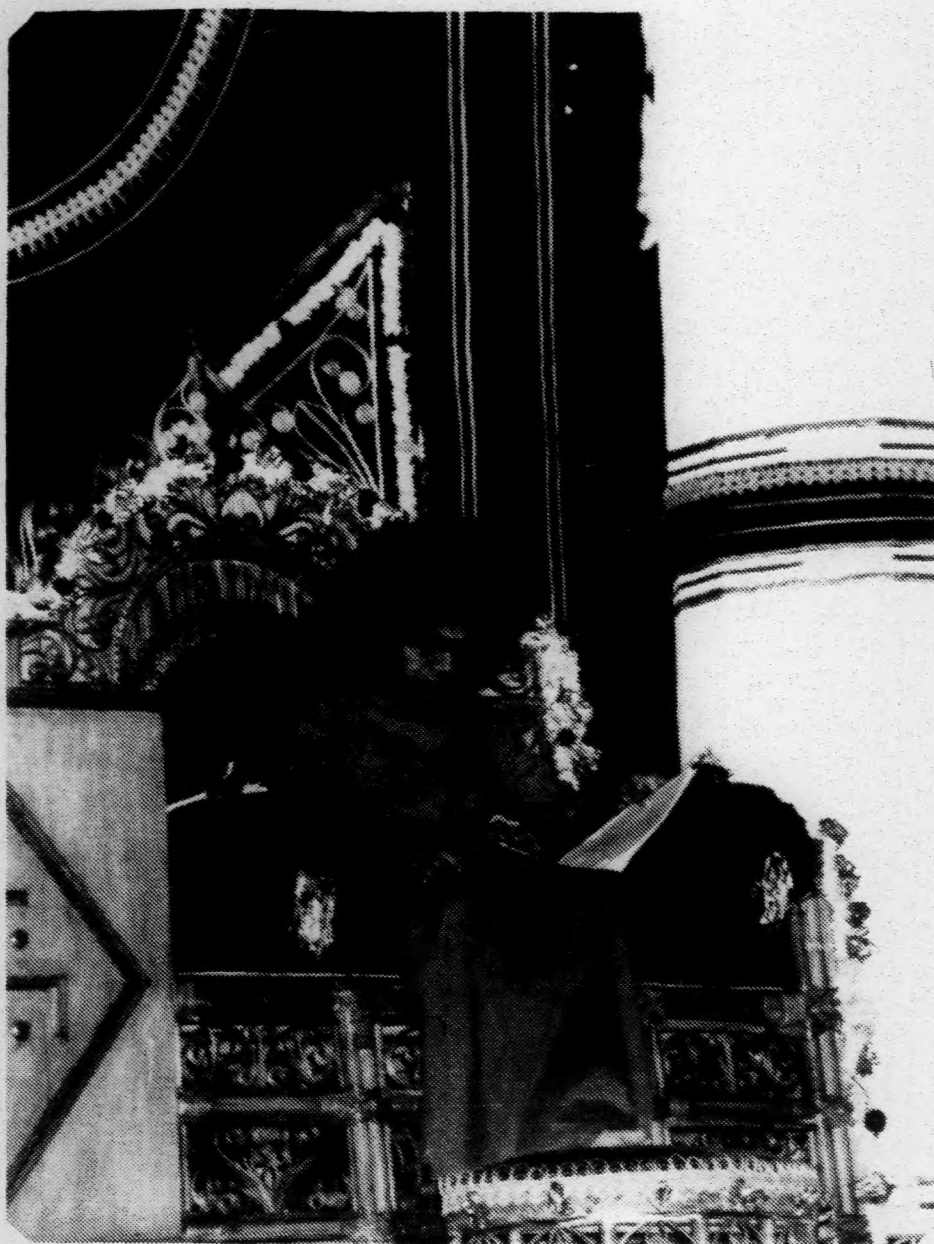
*The higher path must be trodden from childhood; it cannot be adopted at an advanced age. The child must learn to be truthful in word and deed and to avoid the cowardly habit of falsehood. Later, boys and girls must become conscious directors of their senses instead of responding automatically to sense-demands and thus becoming slaves to them. Heads of families . . . have to equip their sons and daughters with the processes through which they can find mental peace and equanimity under all conditions. It is because these obligations have*

*been neglected for some generations that the forces of atheism are so strong now.*

*When the seeds are ridden with defects, how can the tree bring forth good fruit? When parents and elders do not set good examples for the children growing up in their shadow, how can the country prosper and be free from anxiety and fear? . . . Parents must correct themselves before they can successfully correct their children.*

**— Sathya Sai Baba**

*Sathya Sai Speaks, Volume IX*



# SATHYA SAI NEWSLETTER

1800 East Garvey Avenue  
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Editor: **Barbara Bozzani**

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**Winter 1988-89**

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